

Ham, low sodium, and fruit kabobs³⁵

Number of Servings: 35 (105.48 g per serving)

Amount	Measure	Ingredient
2 1/8	lb	Pork, cured ham, low sod, cooked
8.00	cup	Pineapple, chunks, cnd, w/juice, drained
8.00	cup	Grapes, Thompson seedless, fresh

Nutrients per serving

Nutrition Facts			
Serving Size (105g)			
Servings Per Container			
Amount Per Serving			
Calories 100		Calories from Fat 20	
		% Daily Value*	
Total Fat	2.5g		4%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	270mg		11%
Total Carbohydrate	13g		4%
Dietary Fiber	1g		4%
Sugars	12g		
Protein 7g			
Vitamin A 0%		Vitamin C 15%	
Calcium 2%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

Cut cooked, cold low sodium ham into small cubes; alternate putting ham, pineapple and grapes onto skewers or toothpicks. Refrigerate. Serve cold.

Each serving should have 1 oz ham cubes + 1/4 C P/A chunks and 1/4 C Grapes (length of skewers/toothpicks will determine # served).

1 serving = 1CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.